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RELATIONSHIP BETWEEN THE SOLDIER IN THE MILITARY UNIT
AND IN THE MILITARY FAMILY(U) ISRAELI INST FOR MILITARY
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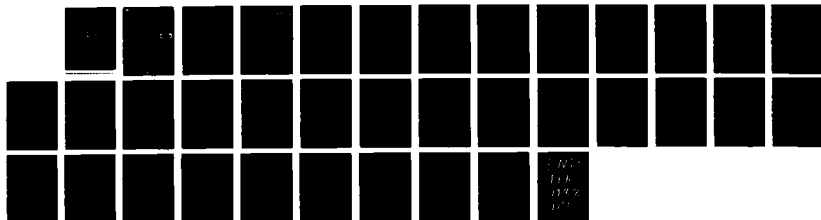
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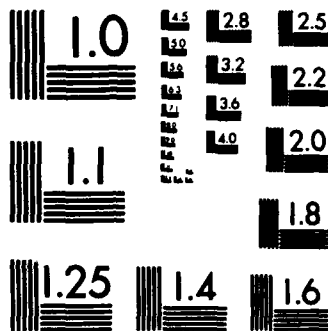
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RELATIONSHIP BETWEEN THE SOLDIER
IN THE MILITARY UNIT
AND IN THE MILITARY FAMILY

AD-A187 073

ANNUAL REPORT

REUVEN GAL, Ph.D.

MAY 1, 1987

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U. S. ARMY MEDICAL RESEARCH AND DEVELOPMENT COMMAND
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THE ISRAELI INSTITUTE FOR MILITARY STUDIES
Zikhron Ya'akov, Israel

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FOREWORD

For the protection of human subjects the investigator(s) have adhered to policies of applicable Federal Law 45CFR46.



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19. ABSTRACT (Continue on reverse if necessary and identify by block number) The purpose of this research is to explore the interrelationships between the soldier's behavior within his unit and the military family's patterns of adjustment. Specifically, sources of stress within the two environments - the military unit and the family - and their impact on both parties are investigated. One hundred families (husbands and wives) of military personell from the Israeli Defence Forces (DF) comprise the sample for this study. In-depth interviews and questionnaires provide the main tools for data collection. <i>Keywords:</i>					
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The purpose of this research is to explore the interrelationships between the soldier's behavior within his unit and the military family's patterns of adjustment. Specifically, sources of stress within the two environments - the military unit and the family - and their impact on both parties are investigated.

Background

Several non-related studies (e.g., Billings and Moos, 1981; Kobasa, 1982; Mechanic, 1976), have investigated the interrelationship among occupational stress, health and family stress in civilian populations. The relevance of this work for family populations, however, did not begin to emerge until it was viewed in conjunction with the Israeli experience of neuropsychiatric casualties during the 1973 Arab-Israeli conflict (Noy, 1978). Basically, the Israeli findings suggest that combat soldiers, who are experiencing significant levels of pre-existing social stress also experience an increased risk of becoming a combat psychiatric casualty. Additional work in this field (e.g., Neumann and Levy, 1984) has served to highlight the dynamics of this problem.

Consequently, a great deal of research has been undertaken to investigate the dynamics of the relationships between families and the Army under a variety of circumstances. Van Vranken et al (1983) examined the stresses of soldiers and their families experiencing

lengthy peace-time separations and to the multinational peacekeeping force in the Sinai. Lewis detailed the effectiveness of adequate family support both during peacetime deployments (1984a) and a combat mission (1984b). Martin (1984) has studied the re-configuration of family-unit relationships provided for by the Army's New Manning System. Special studies, such as the needs of first-term families (Lewis, 1985) and the needs of families stationed OCONUS (Schneider and Gilley, 1984 and Lewis, 1984) have also been investigated.

From these and other works (notably, Lidz, 1946; Hill, 1949; Bey and Lange, 1974), it has become evident that family support and positive family-unit relationships may play a crucial role in increasing combat readiness, enhancing the soldier's sustainability during combat, increasing the soldier's ability to cope with daily stress and in increasing retention rates. At the same time, it has long been recognized by commanders that troubled families create troubled soldiers who, in turn, can create problems within the unit.

However, some of these findings also suggest that the cause-and-effect direction, in fact, might be reversed, and that mutual causality between unit and family dynamics exists in reality. That is, a strong commitment of the soldier to his unit and a high level of morale and satisfaction may effect the entire family's well-being and, hence, improve the quality of life for all members of the military family. Likewise, severe stresses, heavy demands and lack of commitment or low morale in the soldier's unit may well generate further stress in family relationships and seriously impair the family's well-being.

The above studies have primarily provided important information

regarding the relationships between military units and the military family within the American army, but principally within the context of a peacetime Army. A broader perspective, however, is required in order to prepare for future situations and changing conditions. For example, transcultural studies of the relationships between the military unit and the military family will assist in the assessment of the effect of the military association per se as it is differentiated from the effect of the local culture. We would expect that, indeed, some of the situational stresses of military life will transcend cultural boundaries and could be considered the 'universal' components of military life. Further, it is critical to examine unit-family relationship during war-time and/or periods of military tension when different modes of mobilization occur and when different sources of stress are in effect.

The Israeli Defence Forces (IDF), with its ongoing involvement in war and combat-related activities and with its diverse types of military service, provides an excellent scientific framework for such trans-cultural and prospective studies.

Relationships between soldiers in the IDF units and their families are tested along three main hypotheses:

1. The soldier's behavior and the family's behavior are inter-dependent in generating an optimal family-military balance.
2. The family characteristics (i.e., behavior, attitudes, perceptions and affects) as a whole and of individual family members influence the soldier's level of morale, his commitment to the military and his contribution to his military unit effectiveness.
3. The soldiers characteristics (i.e., behavior, attitudes, perceptions and affects) and his relations with his unit have an

impact on the family's support and attitudes toward the military and the family's overall well-being.

Research Method

The current research project involves several research techniques:

1. An in depth semi-structured interview conducted with the soldier and his spouse separately. The major topics covered in the interview include:

- * Military service/wife's job (evaluation of job features, relationships with peers, commanders, subordinates, future plans in the army, etc.)
- * Sharing information about military life with spouse
- * Family life (functioning, task division, impact of military service on family)
- * Sources of stress in family
- * Conflicts in family
- * Coping with stress, problems and conflicts
- * Husband-wife communication patterns
- * Overall evaluation and satisfaction with wife/husband
- * Wife' commitment to the army/perceptions regarding the military *
Service of the husband
- * Wife's occupation - description and evaluation
- * Parenting
- * Social support
- * Living arrangements
- * Social network

- * Leisure time patterns
- * Perceptions of the Israeli society views toward the permanent army corps
- * IDF attitudes toward the military families and policies associated with those families

The husband's interview schedule is presented in Appendix #1.

2. A battery of questionnaires (comprised of both self-prepared items as well as previously used questionnaires and inventories) which includes two forms - one for the husband (the soldier) and one for his spouse, with comparable and cross-validated type of items. The battery of questionnaires is designed to assess the following dimensions:

demographics, occupational life and job satisfaction, job stress, social support at work, burnout, family life, social support in family life, marital stress, marital conflict, marital communication, work and family interface, coping strategies, perception of wife/husband, parentive, social network, global stress, well being, patriotism and attitudes toward IDF, Olson et al. (1979, 1980) Family Adaptability and Cohesion. Evaluation scales.

The husband's questionnaire is presented in Appendix #2

3. A questionnaire for childred, ages 9 and over: A modified version of the Intimacy Scale (Sharabany, 1974) measuring a child's perceived intimacy with each of the parents. The majore dimensions assessed by this instrument include:

frankness and spontaneity
knowing and sensitivity
attachment
exclusiveness
giving and helping
taking and imposing
common activities
trust and loyalty.

4. Observation of the entire family in an interactive task - family sculpturing. This component of the study is designed to unravel the family dynamics and specifically issues such as patterns of communication, family decision making, etc.

Sample: 100 permanent army soldiers and their families are randomly selected to participate in the study. An attempt is made to assure an adequate representation of soldiers from the air-forces, the navy and the army, officers as well as NOC's, combat soldiers as well as technical men and administrative personnel.

Procedure: Permanent corps families who have agreed to participate in this research project, are invited in groups of 15 to spend a short weekend at a guest house close to the institute in Zikhron Yaacov. During that weekend, the questionnaires, the interviews and the interaction task are administered. This provides both an incentive for their participation and a standardized environment for the entire sample.

A pool of 20 interviewers has been carefully selected from the

graduate programs of clinical psychology (Haifa, Bar-Ilan and Tel-Aviv Universities). 10 interviewers are scheduled for each weekend to administer the in-depth interviews with husbands and wives, 2 additional students assist in the interaction task.

Training Program for the Interviewers:

A full day (9 hours) training workshop was given by the PI and the assistant PI to 2 groups of interviewers (10 and 10 in each group). The training workshop consisted of two parts:

- a. a general background about the research project, a thorough debriefing concerning the interview schedule, detailed instructions for conducting the interview and finally a practice interview, which has been tape-recorded.
- b. Feedback session involving the workshop leaders as well as the participants' comments, using the practice interview tapes.

At the end of the workshop, the interviewers were also instructed about the usage of the interview summary forms (data reduction) and asked to complete such a form for the practice interview. Those summary forms then served both as further means of feedback to interviewers and as a pilot measure of interrater reliability.

Chronological Summary of the Past Events under the Grant:

Events of the past months are summarized chronologically as follows (this list includes only formal meetings etc. It does not pertain to other research activities conducted during this period of time):

15 Apr. 1986 - Effective Date of Grant.

17 Apr. 1986 - PI's initial meeting with IDF DCPER, Gen Vilnai.

29 May. 1986 - Actual receipt of award.

June-July 86 - Several meetings with IDF Mental-Health representatives.

20 Aug. 1986 - Technical-proposal submitted to IDF's Mental-Health Department.

11 Sept. 1986 - Staff meeting with Gen. Vilnai; approval of IDF's formal collaboration.

29 Oct. 1986 - First formal meeting of "steering committee".

13 Nov. 1986 - Dissengagement from Mental-Health; establishing contact with Behavioral-Sciences.

5 Dec. 1986 - PI's meetings with WRAIR personnel in Washington D.C.

5 Feb. 1987. - Second formal meeting with "steering committee"

20-21 Feb. 1987 - Pilot study I.

6-7 March Pilot Study II

22 March Training Workshop for Interviewers Group I

12 April Training Workshop for Interviewers Group II

24-25 April First round of full scale sampling

Plans regarding future events:

All the weekends of May and June are scheduled for full scale sampling.

It is anticipated that data collection (i.e. questionnaires and interviews from 100 families) will continue until July 1987. Data reduction and coding will begin simultaneously, and will continue throughout the summer and fall of 1987. The last few months will be devoted to writing research reports, clearing procedures and distribution.

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Army institute of Research.

Appendix # 1

Husband Interview

In this interview we attempt to examine how your family life fits in with your military service. We are interested in getting as complete picture as possible and therefore address most of the areas related to your daily life.

Let's begin with your military service.

1. To what extent do you consider your military service a regular occupation as any other occupations?

(Unique and non-unique aspects of the military service)

2. Lets move now to feelings regarding your military service. can you please tell me some of your feelings about the service?

a. sense of achievement, pride, satisfaction with the military service in general and specifically with your job.

b. How did those feelings evolve?

c. Does he compare himself with anybody, if yes, with whom?

(The objective here is to examine whether any of the feelings mentioned above result from or are related to comparisons the interviewee makes with other people in the military or outside the military. Who are the subjects of such comparisons and what areas do they involve?)

3. Can you, please, tell me about your relationships with other people in the service.

a. Do you have any friends in your unit from whom you can get an

advice and help?

b. What about peers, commanders and subordinates, can you get any advice or help from them? If so, in what areas?

c. How do you feel about that?

d. Do you attribute the patterns of relationships you have just described to your military service? Would it be different, if you worked elsewhere (outside the military)?

4. Do you have any future plans in the military?

a. continuation of the military service: pros and cons

b. expectations regarding professional advancement and promotion in ranks.

5. In general, do you involve your wife in your service life?

a. frequency of army related topics in your conversations

b. the nature of such communication, i.e., sharing information, asking for advice, searching solution for a problem, etc.

c. your wife's reactions

d. how do you feel about it?

6. I would like to turn now to your family life.

Can you please describe in general your family life.

a. family functioning, division of labor, relationships among family members (including some examples)

b. to what extent the military service has an impact on the family life? (would it be different if did not serve in the army?)

c. How do you feel about your family life?

d. Is there anything you would like to change in your family life? If

yes, why?

7. Is there anything unusually stressful in your family life?

(This question should focus on stressors that are not considered conflicts. The next question centers around conflicts.)

a. What kind of topics create stress for you? Can you please give some examples.

b. To what extent do you attribute stress experienced by your family to your military service (Do you think similar stress would be experienced if you did not serve in the army?)

c. Do you feel that you experience more or less stress in comparison to civilian families, or other permanent army families (Which servicemen families does he compare his family?)

8. In every family certain topics or situations lead to conflicts. How about your family?

a. areas of conflicts (examples)

b. situations leading to conflicts (examples)

c. attributions of causes (attributions of blame, why, attributions to military service?)

d. consequences of conflicts for the family

e. How does he feel about the above?

9. How do you usually cope with stress, problems and conflicts in your family?

a. what are the typical modes of coping in your family? (examples)

b. Is there any family member who is more successful in solving conflicts or problems than others? In what areas?

(examples)

- c. Unresolved issues (conflicts and problems)
- d. In general, how successful is your family in coping with the problems and conflicts you experience? (strengths and weaknesses in coping with problems and conflicts)
- e. Joint coping and problem solving (coordination, exchange of ideas, who initiates, agreement on solution). Please give some examples.
- f. attribution of coping modes to military service.
- g. Is there anybody who can help in coping with problems and conflicts (family of origin, friends, professional agencies, etc.)

10. Lets talk now about patterns of communication in your family.

How would you rate the quality of communication in your family?

- a. patterns of communication: who talks to whom? about what? To what extent is there captive audience? To what extent is each one of the spouses updated about what happens to the other?
- b. strenghts and weaknesses in communication patterns
- c. Typical content areas communicated
- d. topics not discussed (content areas, negative messages, task-oriented issues, emotional level)
- e. mutual understanding of the spouses
- f. attribution of communication patterns to military service

11. Let me ask you now a few questions about your wife.

In general, how does she cope with your military service?

- a. In what areas does she manage well versus other areas where she may have some difficulties (as related to husband's absence and involvement in family chores). How does she feel about that (in his

view).

b. Does he feel he can rely on her while absent? (Things go well at home).

c. Does he feel his wife can rely on him when necessary? To what extent does it happen? In what areas does the wife seek his help?

12. Does your wife share your commitment to the army, in general, your specific role in the army?

a. how is such sharing expressed?

b. does she share any doubts you may have regarding the military service?

c. do you feel your commitment "commits" your wife and the entire family as well? How do you feel about that?

13. Does your wife work outside the home? Does she study?

Are you satisfied with her occupational status? Do you feel that you give her support? Does she acknowledge that? or does she complain? Is there anything that you would like to change about your wife's situation?

14. Let us talk about you as a parent.

Can you tell me please some details about your children, e.g., number of children, ages, sex, etc. Can you describe some general features in your relationship with them.

a. your involvement in child rearing.

b. difficulties with the children and modes of coping (examples)

c. How close do you feel with your children? (If old enough - do they identify with him?)

- d. any consequences of his military service on the relationships with the children and their up-bringing
- e. satisfaction with all of the above.
- f. overall evaluation of your wife and yourself as parents, anything you would like to change. to improve?

15. Let's talk a bit about your accomodation arrangements.
Please tell me some facts about it (location, a type of living arrangement, etc...)

- a. advantages and disadvantages of that arrangement: community services, neighbors, schools, entertainment, shopping centers, distance from workplace for you and for the wife, public transportation, etc.
- b. How do you feel about your apartment or home (size, the physical layout, etc.)?
- c. Would you like to live elsewhere? If yes, why
- d. Do you attribute a-c to your military service?

16. Let's turn to your social network. Can you please describe it.

- a. Who are your friends, are they mutual friends of your wife and yours? How did you get acquainted with them. through the army, through your wife?
- b. how often do you get together?
- c. Does your wife enjoy spending time with your friends? Do you enjoy spending time with her friends?
- d. How satisfied are you with your social life?

17. How do you spend your leisure time (patterns of leisure time, with whom)?

- a. evenings and weekends
- b. holidays and vacations
- c. satisfaction with amount of leisure time and with the quality
- d. your preferences versus your wife's preferences
- e. impact of his military service on your leisure time

18. In your opinion, how does the Israeli society view the permanent army corps? (Do you feel they have some special regard for you? would you say that there is high prestige associated with serving in the permanent army? How do you feel about it? Can you please give some examples)

19. How do you feel about the general attitude of the IDF toward the military families?

- a. the army as an organization
- b. you direct commanders
- c. norms in your unit (i.e., to what extent is it legitimate to address family related issues?)

20. Is there anything that the IDF could do for you aside from all the things they are taking care of already?

21. We are just about done with the interview, would you like to add anything at this point, any issues we have not touched upon.

supplement those we have talked about....?

Appendix # 2

Husband Questionnaire

Part A.

Demographic Information

Birth Date: _____

Father's Birth Place: 1. Israel 2. North Africa or Asia 3. Europe or Anglo-Saxon Countries

Your Birth Place: 1. Israel 2. North Africa or Asia 3. Europe or Anglo-Saxon Countries

Immigration Date to Israel (if not born in Israel) _____

Education: 1. Elementary School 2. Junior High-School
3. Senior High-School 4. Post High School but non-academic
5. Academic Degree

Civilian Occupation (Profession) 1. No 2. Yes, what is it?

Years in permanent corps _____

Has your service in the permanent army been continuous since your release from the compulsory service? 1. Yes 2. No.

In which branch of the IDF do you serve?

Your rank:

How long do you have the current rank?

When do you expect to be promoted?

Current military occupation (profession):

How long have you served in that occupation?

Distance of your military base from your dwelling area:

1. same city 2. up to one hour driving 3. up to two hours driving 4. up to three hours driving 5. more than three hours driving

How often do you come home? 1. every day 2. every 3-4 days
3. once a week 4. once in two weeks 5. once a month

In general, what time do you return home from the army base?

1. around 6 pm. 2. between 6 and 8 pm. 3. after 8 pm.
4. cannot generalize

How certain are you in advance about the time you finish working?
very certain not certain at all

To what extent do you get emergency calls or other business calls from the army while being at home?

to a large extent

not at all

7

1

In what type of unit do you serve?

1. front line 2. rear 3. other (please specify)

How do you define your current service?

1. combat 2. non-combat 3. other (please specify)

Have you participated in any educational programs or professional studies sponsored by the army (in Israel or abroad)?

1. never 2. once 3. twice - four times 4. more than four times

Total duration of those programs (in months): _____

Are you entitled to use an army vehicle for non-business purposes? 1. Yes, fully 2. yes, 50% 3. yes, rarely 4. no, I cannot use an army vehicle

How would you rate your financial situation?

excellent

extremely poor

Has anybody from your family of origin served in the permanent corps?

1. no 2. yes, please specify type of relation, dates served in permanent corps and his/her military rank.

Part B

Military Service

How interesting is your job?

very interesting

not interesting at all

7

1

To what extent do you have a sense of accomplishment in your job?

to a large extent

not at all

7

1

To what extent are you successful at your work?

to a large extent

not at all

7

1

To what extent are you adequately rewarded (wages and other material rewards) for your work?

as much as I deserve

much less than I deserve

7

1

How much satisfaction do you have from your work?

great deal

no satisfaction at all

7

1

How often are you required to work in hard physical conditions
(physical strain, sleep deprivation, etc)?

Always

7

Never

1

The next few questions concern different people with whom you are
working.

To what extent can you share with other people responsibilities and
commitments?

To a large extent

7

Not at all

1

To what extent can you share with others your job related burden?

To a large extent

7

Not at all

1

To what extent do you get sympathy from other people at work?

To a large extent

7

Not at all

1

To what extent do you get appreciation from other people at work?

To a large extent

7

Not at all

1

To what extent can you share your work-life with your family members?

To a large extent

7

Not at all

1

To what extent do you get support and understanding regarding the
military service from your family members?

To a large extent

7

Not at all

1

To what extent can you get actual help or advice with regard to job
related problems from your family members?

To a large extent

7

Not at all

1

Part C

Family Life

To what extent do you share your feelings with your wife when:
(all the responses are given on seven point scales)

You feel sympathy for her

you feel happy

you feel angry with her

you feel distressed due to your work

you feel sad

you feel worn out as a result of extreme burden on you

you feel she did something wrong with respect to your children or household related issues
you are disappointed with her
you think she coped well with children related or household related issues
you feel grateful to her due to something she did for you
you feel insulted as a result of something she did or said

To what extent does your wife share with you her feelings when:

she feels sympathy for you
she feels happy
she is angry with you
she is distressed because of her work
she feels sad
she feels worn out as a result from an extreme burden on her
she thinks you did something wrong concerning your children or with respect to household issues
she thinks you coped well with children related or household related problem
she is disappointed with you
she feels insulted as a result of something you did or said
she feels grateful to you for something you did for her

Most people experience occasional disagreements in their relationships. Please rate the extent to which your wife and you agree or disagree with regard to the following issues. In addition, please rate how important each of those issues are for you. (All the responses, disagreement and importance, are given on 6 point scales with additional category of irrelevant).

Financial matters
Plans for holidays and vacations
Religious matters
Expression of feelings
Socializing with friends
Sex
Her or your habits
Your behavior with respect to in-laws
Your behavior toward your parents
Goals and important decisions
Your military career
Household chores
Leisure time
Decisions regarding your wife's career
Your wife's behavior with respect to your children
Purchase of a new car
Continuation of your military service
Your wife's education
Moving to another apartment
Your behavior with respect to your children
Bringing work-related problems home
Romantic relations with others
Political attitudes

When your wife criticizes you or complains against you, how often do you feel that:

always

7

never

1

She cannot understand the kind of stress you experience.

You cannot understand the kind of stress she experiences.

She comes with too many demands to you with regard to family and household issues.

At home, actually "gave up" on you with respect to family and household issues.

You feel guilty for not devoting enough time to your family and to your household.

Your wife does not have any rights to put demands on you.

Your military service puts at risk your family life.

You do not have any rights to react against your wife since you do not share the family burden.

You tend to use arguments such as "emergency call" , "operational activities", etc., to justify long hours at work or absence.

You feel that such arguments can indeed convince your family.

Overall, when you think about satisfactions and difficulties in your daily family life, to what extent do you feel the following:

to a large extent

7

not at all

1

worried

tense

bored

frustrated

relaxed

neglected

satisfied

depressed

feel guilty

stressed

"out of it"

"o.k."

helpless

How satisfied are you with your marriage?

very satisfied

7

very dissatisfied

1

How satisfied are you with your wife as a spouse?

very satisfied

7

very dissatisfied

1

How satisfied are you with the relationship between your wife and you?

very satisfied

7

very dissatisfied

1

Part D

Parenting

response options:

to a large extent

7

irrelevant

not at all

1

How satisfied are you with the relationship between your children and you?

How satisfied are you with the relationship between your children and your wife?

To what extent do your children experience difficulties as a result of your wife's work outside the home?

To what extent do you feel that you are "giving" enough to your children?

To what extent do you feel that your children are proud of their father?

To what extent do your children perceive you as a target for modelling and admiration?

To what extent do you feel guilty with respect to your relationships with the children?

To what extent do you feel involved in your children's up-bringing?

To what extent do you feel that your children are close to you?

To what extent are your children affected by your absence?

To what extent do your children experience difficulties as a result of your military service?

To what extent do you feel that your children are a considerable burden on you?

To what extent are you involved in decision making concerning your children?

To what extent does your military service have an adverse impact on the relationships with your children?

In comparison to other permanent corps soldiers, you invest quite a lot in your children.

In comparison to fathers who do not serve in the permanent corps, you invest quite a lot in your children.

Part E

Work Life and Non-Work Life

What is more important to you, your work or your non-work life?

non-work life

both are equally

work

important

7

4

1

How often do you experience conflicting demands from your work and from your non-work life?

always

sometimes

never

7

4

1

How much importance do you attach to success in your job versus success in your non-work life?

most important

success in both

most important

to succeed

equally

to succeed

at work	important	in non-work life
7	4	1

To what extent do you tend to think about job related issues after work?

very often	sometimes	never
7	4	1

To what extent do you tend to think about non-job issues (e.g., family problems, hobbies etc...) at work?

very often	sometimes	never
7	4	1

To what extent do you tend to discuss non-job issues with your colleagues at work?

very often	sometimes	never
7	4	1

To what extent do you tend to discuss job related issues after work?

very often	sometimes	never
7	4	1

To what extent are your co-workers also friends after work?

most of my co-workers my friends as well	some of my co-workers are my friends as well	none are are my friends
7	4	1

To what extent are your friends' occupations similar to your occupation?

to a large extent	not at all
7	1

To what extent does your family socialize with your friends' families?

to a large extent	not at all
7	1

To what extent do you feel that your work life spills over to your private life?

to a large extent	not at all
7	1

To what extent do you feel that your private life spills over to your work life?

to a large extent	not at all
7	1

People vary in the weights they assign to work life and to non-work activities. How would you rate yourself regarding these issues?

mostly interested in work	equally interested in both	mostly interested in non-work activities
7	4	1

How frequently do you telephone from home or are contacted from work at home with respect to job related issues?

very frequently
7

never
1

How frequently are you contacted at work regarding non-work life?
very frequently

never
1

How frequently do you telephone home from work to check "what's up"?
very frequently

never
1

How often are you concerned at work regarding the situation at home?
very often

never
1

How often are you concerned at home about what is happening at work?
very often

never
1

To what extent do you feel that your career and your role in the family pose contradictory demands on you?

to a large extent
7

not at all
1

To what extent does your military service influence the relations between your work life and non-work life?

to a large extent
7

not at all
1

Part F

Support

When you need actual help or advice in your private life, to what extent can you rely on:

(all the responses are given on 7-point scales)

your wife
your family of origin
your wife's family of origin
colleagues at work
friends not from work

Overall, to what extent can you get help or advice in your private life when you need it?

When you need support and encouragement in your private life, to what extent can you rely on:

your wife
your family of origin
your wife's family of origin
colleagues at work
friends not at work

Overall, to what extent can you get support and encouragement in your private life when you need it?

Part G

Attitudes and Feelings

This part of the questionnaire deals with your recent feelings and thoughts with respect to your life.

For each item, please select one of the following alternative responses:

1. never
2. hardly ever
3. rarely
4. sometimes
5. frequently
6. usually
7. always

How often do you feel that you cannot control important events in your life?

How often do you become moody as a result of unexpected events?

How often do you feel that you cope successfully with important changes in your life?

How secure do you feel in your capability to cope with your personal problems?

How often do you feel that everything goes well in your life?

How often do you feel stressed or nervous?

How often do you feel that you cope successfully with distressing events?

How often do you feel that you manage to deal with all of your duties (in the army and at home)?

How often do you feel that you are in control over the situation?

How often do you feel that your troubles pile up so much that it is impossible to cope with them?

How often do you feel that you do not have any control over your time?

How often are you getting angry because you cannot influence the flow of events?

How often do you experience the following:

feel tired

feel depressed
"had a good day"
physically worn out
emotionally worn out
feel happy
feel that "I have had it"
feel miserable
feel anxious
feel trapped
feel lack of self-esteem
feel exhausted
worried
disappointed and feel distance from people
feel weak
hopeless
feel that you reject people
optimistic
full of energy

Overall, when you think about your life recently, to what extent do you feel.....

satisfaction
happy
self-actualization
dealing with important matters in your life
you are worth at least as much as others
you are capable of doing things at least as well as others
that you have enough leisure time

To what extent do you occasionally think that if you could choose again, you would have preferred doing different things from the ones you are doing today?

If you were at the beginning of your professional pathway, to what extent would you tend to join the permanent corps?

To what extent would you recommend to your children to join the permanent corps?

When your current contract with the army ends, to what extent do you tend to renew it?

To what extent does your wife support you with respect to renewal of your contract with the army?

Part H

The following items deal with your thoughts and feelings about the army and the state of Israel. Please, indicate the degree of your agreement or disagreement with each statement below:

I feel that service in IDF - in the permanent corps provides me with high prestige.

Due to its importance, the best people have to stay in the army.

Relative to other occupations, military service has the largest contribution to the Israeli society.

Overall, IDF as an organization fulfills all of its functions.

IDF is the model in Israeli society as far as values are concerned.

I am proud to serve in IDF.

IDF has a considerable contribution to society and to the state beyond its major mission as an army.

I think that IDF is very successful in performing its missions.

Israel can take pride in its army.

People continue serving in IDF primarily because they do not want to lose their pensions.

Often people remain in IDF because they do not have an alternative outside.

Military service is not different from any other occupation.

Military service constitutes a national mission.

Even when I am critical with regard to IDF, I refrain from voicing it outside the army.

If it was possible I would prefer to live outside Israel.

It is our duty to act for immigration of all the Jews to Israel.

I live in Israel out of patriotism.

Israel is the only place where Jews can live in security.

I live in Israel because I do not have the possibility or the energy to emigrate.

I do not think that I can live for long periods of time in any other country.

Israelis that emigrate should be reproached.

END

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